

on the move

steps to healthy aging

Utah Division of
Aging & Adult
Services

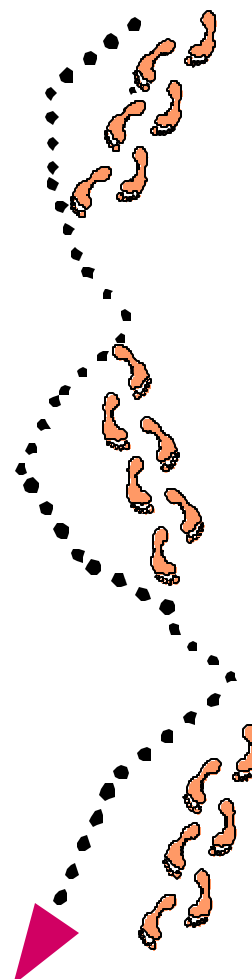
Tips for Adding Steps to Your Day

- Try to take half of your goal steps by noon.
- Park farther away in the parking lot.
- Take several short 10 minute walks during the day.
- Walk to a restroom, water cooler or copy machine on a different floor.
- Take the long way when walking to meetings and cafeteria.
- Get off the bus sooner and walk the distance to work.
- Take the stairs instead of the elevator.
- Host “walking meetings”: skip room scheduling (which can sometimes be difficult); walk and talk instead.
- Walk a few laps to your floor during breaks.
- Walk to grocery stores, video stores and bookstores that are within a one-mile radius of your home or job.
- Walk to your co-worker’s office/cubicle instead of calling or e-mailing.
- Start a walking club with your co-workers.
- Plan walks into your day with family or friends before or after work.
- March in place while on the phone.
- Walk during the commercials on television.
- Quit using the remote control to change TV channels.
- Take the long way when walking to a store in the mall.
- Walk your dog.
- Walk your neighbor’s dog.
- Return your supermarket shopping cart to its proper storage location.
- Unload your shopping bags from the car in four trips instead of juggling four bags in your arms to avoid neck and back injury.
- Walk the terminals and avoid the people movers at the airport.



on the move

Think footsteps
Anytime, anywhere



2000 to 2200 steps = 1 mile

Protect your Feet:

- Get a good pair of walking shoes. Visit a store with 'running specialists' is the best bet to shop.

Common Foot Problems:

- **Achilles' Tendonitis:** Inflammation of the tendon that attaches the calf muscle to the back of the heel bone. Can be caused by improper warm-up or over-training. **Treatment:** Ice, rest, aspirin or anti-inflammatories. Chronic pain requires professional treatment.
- **Bunions:** Misaligned big toe joints, which can become swollen and tender, causing the first joint of the big toe to slant outward and the second joint to angle toward other toes. Tend to be hereditary but can be aggravated by narrow shoes. **Treatment:** Surgery may be required.
- **Heel Spurs:** Growths of bone on the underside or front part of the heel bone. Occur when the plantar (sole of the foot) tendon pulls at its attachment to the heel bone. Area can calcify to form a spur. **Treatment:** Professional help may be needed. Proper warm-up and appropriate athletic shoes can reduce strain to the ligament.
- **Ingrown Toenails:** Nails whose corners dig painfully into skin. Frequently caused by improper nail trimming but also by shoe pressure, injury, fungus infection, heredity and poor foot structure. **Treatment:** Professional help may be needed. Can be prevented by trimming nails straight across and selecting proper shoes.

Steps Log	Baseline Steps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Sunday								
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Weekly Total								

Developed in cooperation with
Florida International University

http://www.fiu.edu/~nutreldr/STEPS_Program/STEPS_home.htm